

Sleep Apnea is Curable

A person experiences sleep disorder if he or she is taking pauses in breathing while sleeping. This sleep disorder is known as sleep apnea. The person misses one or more breaths in this disease. The long pause between breaths is known as apnea which repeats itself continuously while sleeping. The minimum pause between breaths is of 10 seconds. The disruption in breathing is combined with neurological arousal or desaturation in the oxygen present in blood. **Sleep apnea cures** can be affected with the help of a sleep test during the night which is known as sleep study or polysomnogram.

Various Forms of Sleep Apnea

Sleep apnea has three different forms that are known as

- Complex
- Obstructive
- Central

Mostly people suffer from the obstructive form of sleep apnea. Disruption in breathing in this form of apnea is caused by blockage in the airflow in spite of the respiratory effort. But in the central form of sleep apnea, reduced effort from the respiratory system causes interruptions in breathing. The transition from central to obstructive features is the reason behind the breathing disturbance in complex sleep apnea. **Sleep apnea cures** will help you diagnosed by this sleep disorder.

The worse part of this disease is that the person suffering from breathing problem does not have a clue about it. The problem is recognized by another person who notices the symptoms of this sleep disorder in the individual. The symptoms may persist for years if left unidentified. The sufferer may become habituated to the drowsiness and exhaustion during the day time. The only solutions to this are the various forms of **sleep apnea cures**.

Symptoms of Sleep Apnea

- Loud Snoring
- Panting to get oxygen into the lungs while sleeping
- Waking up in a panic
- Awakenings to resume breathing
- Repeated silences due to apnea
- Drowsiness the next day
- Exhausted even after a night's sleep

Treatment for Sleep Apnea

Sleep apnea cures are possible through CPAP or Continuous Positive Airway Pressure which is the treatment for sleep apnea disorder. The main problem is that this treatment only cures obstructive sleep apnea and not the other two. People suffering from this disease are required to wear a mask like device while sleeping. A fall in the air passage is prevented through pressurized air which comes from this device. The size of the CPAP unit is that of a tissue box and it comes with a humidifier to comfort the patient.

People find this device to be very uncomfortable and hard to use even after knowing the result of this treatment. But taking into consideration the problems of the patients using these **sleep apnea cures**, little advancement has been made to help them utilize it in a comfortable manner. The device now is much lighter and quieter for use.

Surgical methods are also available to cure this sleeping disorder. The various levels of disruptions are addressed through various surgeries like those on the throat, facial skeleton, nasal passage and base of tongue. Central apnea can even be cured through sleeping on one's side.